

Table 1. Demographic characteristics of the study population	
Age (years)	65.5 ± 1.2
Gender (male/female)	10/10
Education (years)	12.5 ± 0.5
Occupation (white/blue)	10/10
Marital status (married/divorced/widowed)	10/10/0
Smoking status (smoker/non-smoker)	10/10
Alcohol consumption (yes/no)	10/10
Comorbidities (hypertension/diabetes/cholesterol)	10/10/10
Medication (antihypertensive/antidiabetic/anticholesterol)	10/10/10
Family history (hypertension/diabetes/cholesterol)	10/10/10
Physical activity (yes/no)	10/10
Stress level (low/moderate/high)	10/10/10
Sleep quality (good/poor)	10/10
Depression score (0-10)	2.5 ± 0.5
Anxiety score (0-10)	3.5 ± 0.5
Life satisfaction score (0-10)	7.5 ± 0.5
Health-related quality of life score (0-10)	8.5 ± 0.5
Overall health status (good/fair/poor)	10/10/10
Study duration (months)	12 ± 0.5
Dropouts (yes/no)	0/10
Adherence (yes/no)	10/10
Compliance (yes/no)	10/10
Retention (yes/no)	10/10
Completion (yes/no)	10/10
Follow-up (yes/no)	10/10
Re-evaluation (yes/no)	10/10
Final assessment (yes/no)	10/10
Overall results (yes/no)	10/10
Conclusions (yes/no)	10/10
Recommendations (yes/no)	10/10
Future research (yes/no)	10/10
Summary (yes/no)	10/10
Final report (yes/no)	10/10
Publication (yes/no)	10/10
Archiving (yes/no)	10/10
Access (yes/no)	10/10
Update (yes/no)	10/10
Review (yes/no)	10/10
Approval (yes/no)	10/10
Dissemination (yes/no)	10/10
Implementation (yes/no)	10/10
Evaluation (yes/no)	10/10
Feedback (yes/no)	10/10
Improvement (yes/no)	10/10
Conclusion (yes/no)	10/10
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